

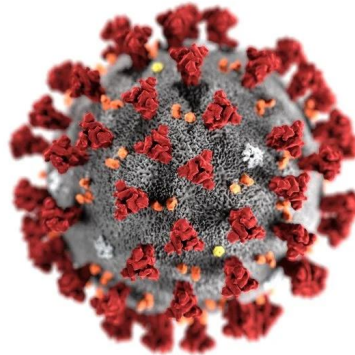


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COVID-19: A Resource for DSPs Providing Care to People with Intellectual and Developmental Disabilities

A Resource for DSPs

This presentation will provide important information for you as you provide care to people with intellectual and developmental disabilities (I/DD). It will include information on hand washing, when to wear your mask, taking mask breaks, preparing food, and what is recommended when you are not at work.



“How Can I Get COVID-19?”

There are two ways:

- Person-to-Person
- Contact with a surface or object that has the COVID-19 virus on it



Transmission – “How Can I Get COVID-19?”

Person-to-Person

- Remember...this can happen from people who are not showing signs of the COVID-19 virus (such as fever, chills, body aches, coughing, sneezing).

Contact with a contaminated surface or object

- When someone touches a surface or object that has the virus on it and then touches their mouth, nose, or eyes.

IMPORTANT



Prevention – “How Can I Keep from Getting COVID-19?”

There are a few ways to keep from getting COVID-19.

- Hand washing
- Covering your face
- Not touching your with your hands
- Staying at least 6 feet away from people
- Cleaning and disinfecting



Prevention – “How Can I Keep from Getting COVID-19?”

- Types of face coverings
 - Cloth face coverings
 - Face masks
 - Respirators
 - Face masks and respirators with valves (NOT RECOMMENDED)
 - Eye protection (goggles or face shields)



“Coronavirus 2019 (COVID-19): Guidance about Cloth Face Coverings and Masks for the General Public” – Last Updated July 22, 2020

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“Coronavirus 2019 (COVID-19): Guidance for Healthcare Personnel Personal Protective Equipment, Monitoring, Restriction and Return to Work” – Last Updated September 15, 2020

Prevention – “How Can I Keep from Getting COVID-19?”



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“Coronavirus 2019 (COVID-19): Guidance about Cloth Face Coverings and Masks for the General Public” – Last Updated July 22, 2020

Prevention – “How Can I Keep from Getting COVID-19?”

What Should I Do?

- Use PPEs Correctly
 - A face covering is required the entire time you are inside working with someone.
 - When removing your face covering, put it in the trash if it is disposable, or store it in a breathable paper bag (like a brown paper lunch bag) when not in use. Avoid touching your face when removing your face covering.
 - After removing your face covering, wash your hands immediately.

Prevention – “How Can I Keep from Getting COVID-19?”

What Should I Do?

- Use PPEs Correctly
 - You don't need to wear gloves when you're working. Gloves could accumulate viruses and germs, thereby further spreading the germs.
 - When you are finished at work, store the face covering in a breathable paper bag, and wash it at home in warm water and soap in the washing machine.

Isolation versus Quarantine

Two different terms!

I = Isolation
Infected

Q = Quarantine
Questioning

Isolation versus Quarantine

Two different terms!

- Isolation
 - For people who have tested positive for COVID
 - Separation is to prevent exposure of others to COVID
- Quarantine
 - Required to self-quarantine for 14 days if exposed to the virus

[https://dchealth.dc.gov/sites/default/files/dc/sites/doh/publication/attachments/HealthNotice COVID19 Testing Reporting Isolation Update 8.3.pdf](https://dchealth.dc.gov/sites/default/files/dc/sites/doh/publication/attachments/HealthNotice_COVID19_Testing_Reporting_Isolation_Update_8.3.pdf)

Basic Personal Hygiene

Here are some basics – what you should remember!

- Wash your hands!
- Cover your mouth with a tissue or by using your elbow when you sneeze, cough, or blow your nose.
- Do not touch your face with your hands.



Basic Personal Hygiene

Proper handwashing

Wash your hands multiple times a day with soap and warm water for at least twenty seconds (the time it takes to sing the “Happy Birthday” song TWICE).



Basic Personal Hygiene

Proper handwashing



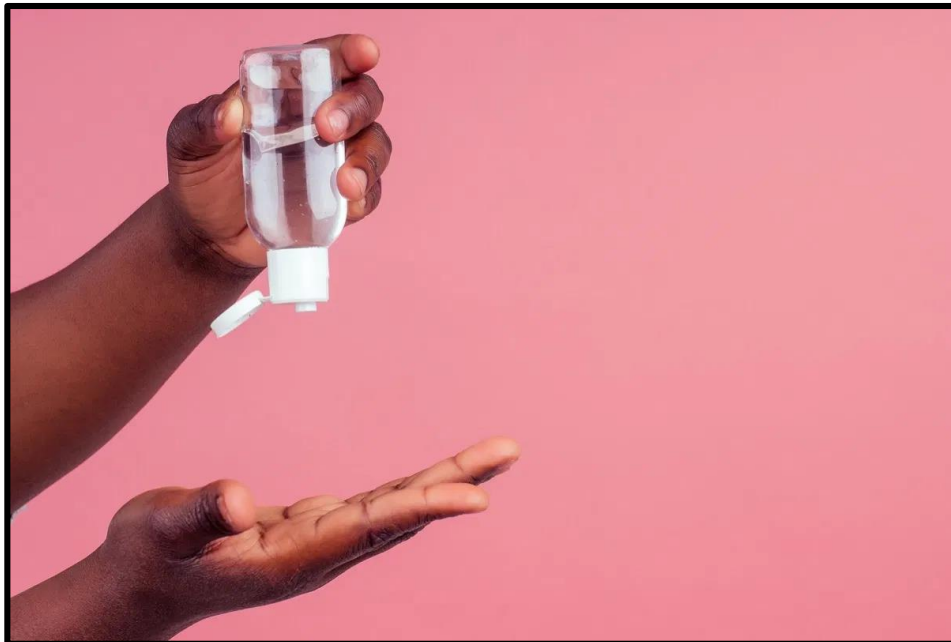
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Basic Personal Hygiene

What Should I Do?

- Hand sanitizer
 - Contains at least 60% alcohol.
 - When soap and water aren't available
 - If you don't see dirt or your hands don't look dirty.



Basic Personal Hygiene

What Should I Do?

- Hand sanitizer
 - Remember to keep rubbing your hands, (including the tops, bottoms, and between fingers and thumb) until your hands are dry.



What Do I Do Before Work?



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What Do I Do Before Work?

- Screening
 - Feeling sick? Please don't come to work!
 - Temperature (greater than or equal to 100 degrees Fahrenheit, Coughing, Difficulty breathing, fatigue, body aches, headache, sore throat, a new loss of taste or smell, nausea, vomiting, diarrhea, congestion, runny nose
- Clean your hands
 - As soon as you get to work
 - Use warm water and soap, or use hand sanitizer for at least 20 seconds
- Wear a mask or face covering
 - A medical/surgical or procedural mask, or a cloth face covering

While at Work...

When Should I Wash My Hands?



While at Work...

When Should I Wash My Hands?

- You should wash your hands:
 - Before and after eating
 - Before and after using the bathroom
 - After touching anyone (like when providing assistance with ADLs)
 - Touching any surface that might have the COVID-19 virus on it
 - Coughing or sneezing
 - Blowing your nose

While at Work...

- Ensure that the people you are providing assistance to are washing their hands frequently, using the same handwashing method discussed here, and before and after the same activities.
- Are there visual reminders in the home/bedrooms/bathrooms to wash hands frequently and explaining proper technique?
- Where are the bottles of hand sanitizer placed? Are they where people frequently walk by so they are reminded to clean their hands often?

While at Work Touching Food...

What Should I Do?

- Wash your hands thoroughly before touching any food, bowls, forks, spoons, knives, or drinking glasses.
- You do not need to wear gloves while making meals or snacks for people.
- You should only wear gloves when feeding someone if you think you will be exposed to bodily fluids.



While at Work Touching Food...

What Should I Do?

- After use, wash everything in the dishwasher, if there is one. If not, or if it can't go in the dishwasher, wash it in hot, soapy water.
- Always finish with washing your hands thoroughly before moving to another activity or working with someone else.



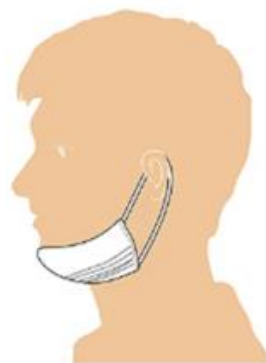
While at Work Wearing a Mask...

How Do I Do It?



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DOs AND DON'Ts OF WEARING A MASK



While at Work Putting On and Taking Off PPEs...



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To view a video of putting on and removing PPEs, please visit:
<https://www.youtube.com/watch?v=syh5UnC6G2k&feature=youtu.be>



While at Work, How Should I Wear PPEs?

Putting on PPEs

- Put on your:
 - Mask (without touching your face)
 - Gloves

Taking off PPEs

- Take off your:
 - Gloves, being sure to not touch your skin
 - Mask, being sure to not touch your face
- Immediately dispose of PPEs in the trash receptacle.
- Wash hands immediately with soap and water or hand sanitizer.

To view a video of putting on and removing PPEs, please visit:

<https://www.youtube.com/watch?v=syh5UnC6G2k&feature=youtu.be>

While at Work, When Should I Wear PPEs?

- Use PPEs Correctly
 - Put on your face mask or cloth face covering when you get to work, and ensure it is on correctly and securely, and mask or face covering and gloves before touching someone (if necessary).



While at Work, When Should I Wear PPEs?

- Use PPEs Correctly
 - After removing your gloves, take off your mask (without touching your face), and wash your hands immediately.



While at Work, When Should I Wear PPEs?

- Use PPEs Correctly
 - Do not keep your gloves on all day. Doing this could spread more germs.
 - You should not use the same pair of gloves for multiple people.



While at Work, Which PPEs Do I Wear When Providing Assistance With Personal Care?

- When helping with brushing someone's teeth, helping them to eat, or assisting with toileting needs:
- When a person has or is suspected of having COVID...
- When providing care to a person who is in isolation...

While at Work, Which PPEs Do I Wear When Providing Assistance With Personal Care?

- When providing care to a person who is in isolation...
 - Encourage the person to wear a mask if they are ever outside of their own space (bedroom).
 - Wear a face mask (medical/surgical/ procedural) to reduce the risk of infection.
 - Encourage everyone in the house/apartment to wear a mask if the person is outside of their own room (such as if going to a shared bathroom).

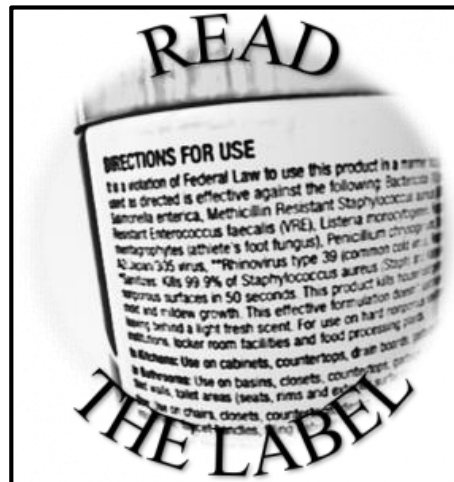
Remember...Isolation is essential to reduce the spread, so being outside their own space should happen rarely (e.g., walking from their room to the bathroom).

While at Work Cleaning and Disinfecting...

What Should I Do?

- Use soap and water to clean a surface first.
- Use an approved disinfectant to thoroughly disinfect.
- Follow the directions on the container of the disinfectant solution so you know how long the solution should remain on the surface.

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>



While at Work Cleaning and Disinfecting...

What Should I Do?



<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

While at Work and I Want a Face Mask Break...

What Should I Do?

- Check with your employer to ensure you are aware of existing policies on how to safely take a mask break.
- Be mindful of where you are and who you are near.
- Ideally step outside, but if you cannot, go to a room where you are alone or are at least 6 feet away from anyone.
- Wash your hands first before touching your mask.
- Remove your mask from your face without touching your face.
- Take a few deep breaths; move your mouth, lips, and jaw to exercise your face; or simply sing a tune and enjoy the brief relief from your mask.
- Place your mask back on your face.
- Wash your hands before returning to work.

While at Work and I Want a Face Mask Break...

How Frequently Can I Do This??

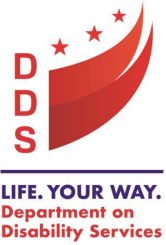
- Check with your employer to ensure you are aware of existing policies for the frequency of taking mask breaks.
- If the person you are accompanying or assisting receives 1 to 1 assistance, ensure that the person has the required coverage before you leave for your break.
- If the person you are accompanying or assisting is more independent and can be alone for a few minutes, ensure that you have told the person where you are going and when you will be back.
- If a break is needed, and you are able to step away, take your mask break.

While at Work and I Want to Take a Lunch Break...

How Do I Do this Safely?

- Check with your employer to ensure you are aware of existing policies for the frequency of taking mask breaks.
- Ensure the person you are providing services to is covered while you are eating, as you would normally do.
- Stagger when your lunch break occurs so it isn't at the same time as a colleagues
- Sit facing away from people, and/or sit at least six feet away from people when eating
- Eat outside when possible (less time without a mask on while indoors)

What Do I Do When Leaving Work?

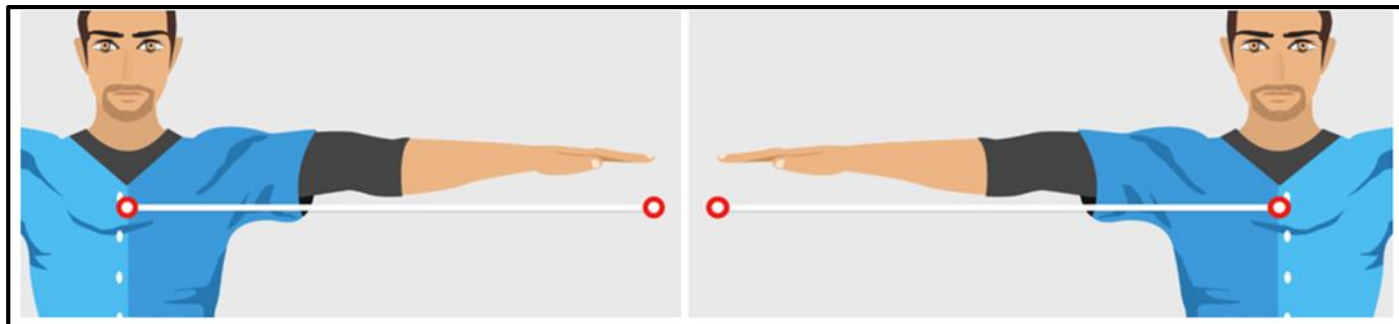


- Wash your hands when you leave
 - Use soap and water, or squirt hand sanitizer in your hands as your walking out the door or before getting to your car.



What Do I Do When I'm Away from Work?

- Remember to stay at least 6 feet away from people.
- Please practice social distancing from anyone you don't live with.
- It will reduce your chances of getting COVID-19 and reduce the chance of you spreading it to someone you are with every day who is receiving services from you.



What Do I Do When I'm Away From Work?



- Masks
 - Follow your employer's policies on reusing masks for the same person, and how frequently you should change your mask.
 - Cloth masks should be washed daily to reduce the risk of transmission.



What Do I Do When I'm Away from Work?

- Be aware of:
 - How close you are to people
 - What you touch



What Do I Do When I'm Away from Work?

- Storing Your Reusable Cloth Mask
 - Reusable cloth masks should be stored in a paper bag, preferably with the outside-facing part of the face mask folded in on each other.
 - Wash your hands after removing and storing the mask, and wash your hands after you have replaced the mask to your face to reuse it, or after touching the mask to put it in the washer.



What Do I Do When I'm Away from Work?

- Washing and Drying Your Reusable Cloth Mask
 - You can wash your mask with the regular laundry, at the warmest water temperature the mask's fabric can take.
 - Handwashing with a bleach solution is also acceptable.
 - Dry the mask on the highest heat setting until completely dry.
 - You can also lay it flat and allow to completely air dry. Direct sunlight is preferable, if possible.

Please visit the following link for more details with washing your reusable cloth mask:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

Keeping Up-to-Date with Changes in Policies and Recommendations

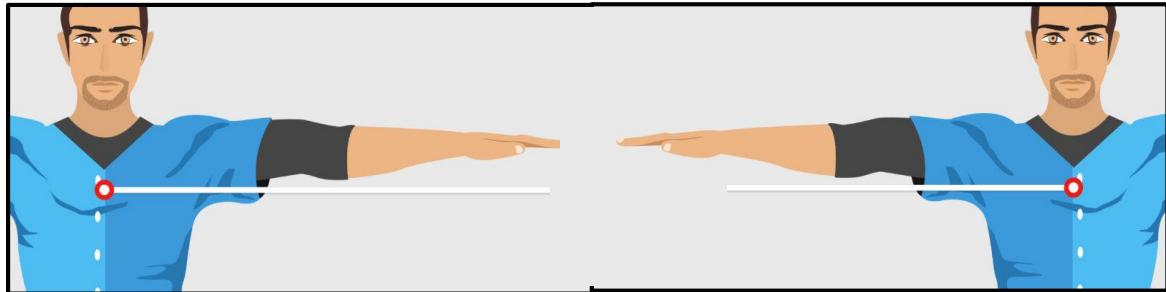
- Factors Your Employer Should Consider
 - Location types
 - Risks posed
 - People receiving services
 - Home layout/furniture spacing
 - Individual or shared bedrooms
 - Individual or shared bathrooms

Scroll down to Phase Two Guidance and click on the applicable link for the most up-to-date answers.

<https://coronavirus.dc.gov/phasetwo>

To Summarize...

Avoid the Risks!



Questions?





Resources

www.cdc.gov/coronavirus

www.dchealth.dc.gov

www.coronavirus.dc.gov